

Fall 2020 Schedule: SPEED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00am Speed Performance 1 & 2
	10:15am Speed Performance 2	10:15am Speed Performance 1 & 2			
		12:45pm Jr. Boot Camp			
			3:15pm Jr. Boot Camp		
3:15pm Speed Performance 1			3:15pm Speed Performance 1		
4:30pm Jr. Boot Camp	4:30pm Jr. Boot Camp	4:30pm Jr. Boot Camp		4:30pm Speed Performance 1 & 2	
	4:30pm Speed Performance 1	4:30pm Speed Performance 1			
5:45pm Speed Performance 2		5:45pm Speed Performance 2	5:45pm Speed Performance 2		
		5:45pm Evaluations (by appointment only)			

https://www.otacfitness.com/programs/divergent/